

AFRH - G / MASTER MENUS / F-1a, MAY 2015 / CYCLE FIVE - DIET LINE / WEEK OF 01 / 02 / 2017

Items with DL before the menu name indicates this item has been modified to be lower in calories, fats and/or sodium than the regular line items. The Diet Line is designed to promote healthier eating and can be used to adhere to most modified diets. Residents who require a therapeutic diet are advised to make an appointment with the Registered Dietitian for a one-on-one consultation.

	BREAKFAST - 07:00 - 08:30	LUNCH - 11:30 - 13:00	DINNER - 16:30 - 18:00
M O N Jan 2nd	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs/DL Turkey Bacon French Toast w/No Sugar Syrup Biscuits / DL Biscuit Gravy	DL Tomato Tortellini & Vegetarian Veg Soups DL Pork Loin w/DL Onion Gravy DL Roasted Red Potatoes DL Stewed Cabbage DL Squash / Wheat Rolls / Cornbread	DL Tomato Tortellini & Vegetarian Veg Soups DL Grilled Chopped Turkey Steak w/Onions DL Baked Sweet Potatoes DL Italian Green Beans DL Spinach / Wheat Rolls
T U E S Jan 3rd	DL Oatmeal / DL Cream of Wheat DL Scrambled Egg Beaters Hard Boiled Eggs DL Turkey Sausage Patties DL Lyonnaise Potatoes Biscuits / DL Biscuit Gravy	DL Turkey Noodle & Vegetarian Veg Soups DL Vegetable Cutlet w/DL Gravy DL Mashed Potatoes w/DL Gravy DL Black-Eyed Peas DL Okra & Tomatoes Wheat Rolls	DL Turkey Noodle & Vegetarian Veg Soups DL Salmon Croquettes Steamed Wild Rice / DL Cream Sauce DL Sugar Snap Peas DL Beets Wheat Rolls
W E D Jan 4th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs LF / LS Grilled Ham Biscuits / DL Biscuit Gravy	DL Caulif & Mushrm & Vegtarin Veg Soups DL BBQ Chicken Sandwich DL Roasted Garlic Linguini DL Roasted Asparagus DL Rutabagas / Wheat Rolls	DL Caulif & Mushrm & Vegtarin Veg Soups DL Beef and Broccoli DL Steamed Brown Rice Pilaf DL Baby Carrots DL Broccoli Florets / Wheat Rolls
T H U Jan 5th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boil Eggs/DL Turkey Sausage Pancakes w/No Sugar Syrup Biscuits / DL Biscuit Gravy	DL Pasta Fagioli & Vegtarin Veg Soups DL Chicken Cacciatore Vermicelli DL Caesar Salad / DL Normandy Blend Wheat Rolls / Garlic Bread	DL Pasta Fagioli & Vegtarin Veg Soups DL Sliced Roast Beef w/DL Gravy DL Mashed Potatoes w/DL Gravy DL Brussels Sprouts DL Cauliflower / Wheat Rolls
F R I Jan 6th	DL Oatmeal / DL Cream of Wheat DL Scrambled Egg Beaters Hard Boiled Eggs DL Creamed Ground Beef Biscuits / DL Biscuit Gravy	DL Chili Bean & Vegetarian Veg Soups DL Oven Fried & Baked Fish DL Mediterranean Penne Pasta DL Coleslaw DL Okra / Wheat Rolls	DL Chili Bean & Vegetarian Veg Soups DL Grilled Pork Wings DL Lyonnais Potatoes DL Stewed Tomatoes / Wheat Rolls DL Turnip Greens / Cornbread
S A T Jan 7th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs DL Turkey Bacon DL O'Brian Potatoes Biscuits / DL Biscuit Gravy	DL Veg, Beef, Barley & Vegtarin Veg Soups DL Turkey & Ravioli Lasagna DL Hash Brown Casserole DL Green Beans DL Carrots Wheat Rolls	DL Veg, Beef, Barley & Vegtarin Veg Soups DL Sliced Roast Beef w/DL Gravy DL Mashed Potatoes w/DL Gravy DL Green Peas DL Fresh Zucchini Wheat Rolls
S U N Jan 8th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boil Eggs/LF/LS Grilled Ham Waffles w/No Sugar Syrup Biscuits / DL Biscuit Gravy	DL Cabbage & Vegtarin Veg Soups DL Cornish Hen Halves DL Cranberry Wild Rice DL Whole Kernel Corn DL Broccoli Florets / Wheat Rolls	DL Cabbage & Vegtarin Veg Soups DL Salisbury Turkey Steaks DL Noodles w/DL Gravy DL Fresh Spinach Salad DL Mixed Veggies / Wheat Rolls

STANDARD BREAKFAST MENU ITEMS

Bagels, English Muffins, Jelly, SF Jelly, Syrup, SF Syrup, Prunes, Bananas, Whole Fresh Fruit,
Cut Fresh Fruit, Grapefruit Sections, Applesauce, Raisins, Brown Sugar, Cinnamon Shake

STANDARD MENU ITEMS ALL MEALS

Assorted Breads, Assorted Dry Cereals, Assorted Juices, Assorted Milk, Assorted Beverages, Coffee, Decaf Coffee,
ed Tea - w/Sugar & No Sugar, Hot Tea Bags, Butter, Margarine, Sugar, Sugar Substitute, Salt, Pepper, Assorted Condiments

STANDARD SALAD BAR ITEMS FOR LUNCH & DINNER

Available Every Day - Mixed Salad Greens, Cherry Tomatoes, Sliced Cucumbers, Sliced Red Onions, Matchstick Carrots,
Sliced Green Peppers, Bread & Butter Pickles, Whole Green Olives, Sliced Black Olives, Coleslaw, Tuna Fish, Boiled Eggs,
Cottage Cheese, Shredded Cheese, Bacon Bits / Variables - Sliced, Diced or Whole Beets, Jalapeno or Banana Peppers,
Broccoli or Cauliflower Florets, Green Peas or Edamames, Green Onions or Celery Sticks, Avocados or Baby Corns,
Chopped Nuts, Dried Cranberries or Raisins, Sunflower Seeds or Bleu Cheese Crumbles - Salmon Monday, Wednesday, Friday

STANDARD SALAD DRESSINGS

Ranch, Blue Cheese, Thousand Island, Fat Free Ranch, Italian & Catalina French, Balsamic Vinegar, Red/White Vinegar, Olive Oil

SALADS / GELATINS

Cashew Pea Salad / Strawberry
Marinated Cucumbers / Orange
Italian Pepper Salad / Cherry
Black Bean, Corn & Avocado Salad / Lemon
Broccoli Salad / Raspberry
Fruit Salad / Lime
Macaroni Salad / Watermelon

DAILY SALAD BAR ROTATION

Monday
Tuesday
Wednesday
Thursday
Friday
Saturday
Sunday

FRUITS

Sliced Peaches / Apricot Halves
Sliced Peaches / Tropical Fruit Cocktail
Sliced Peaches / Pineapple Chunks
Sliced Peaches / Mandarin Oranges
Sliced Peaches / Fruit Cocktail
Sliced Peaches / Pineapple Slices
Sliced Peaches / Pear Halves